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#### SCHOOL OF THOUGHT

**UConn leads our picks** for smart plays in your office pool **15**

#### INTERVENTION

**Saudi troops enter Bahrain** to help quell a growing rebellion **8**

#### A HEARTY HELPING

**Meet the creator of the Oatmeal**, your favorite workplace time waster **31**



Japan's mortuaries can't keep up as hundreds of tsunami victims wash up along the battered coast **13**

Nuclear experts struggle desperately to prevent a catastrophic failure at the Fukushima Dai-ichi plant **12**



# TOO MANY BODIES

DAVID GUTTENFELDER/AP

am **52** | **43** pm

FOR EXTENDED FORECAST, SEE PAGE 37





eye openers

### 'Standing Around With My Wife Wasn't The Same Without It'

A Kingman, Ariz., man is getting his pitchfork back after being acquitted of trespassing. Mervin Fried tried to bring the tool into a Feb. 16, 2010, county supervisor's meeting. Told to leave it outside, Fried refused and was arrested. On March 5, a judge ruled Fried not guilty, arguing that if holstered handguns are allowed at the meeting, pitchforks should be, too. (AP)

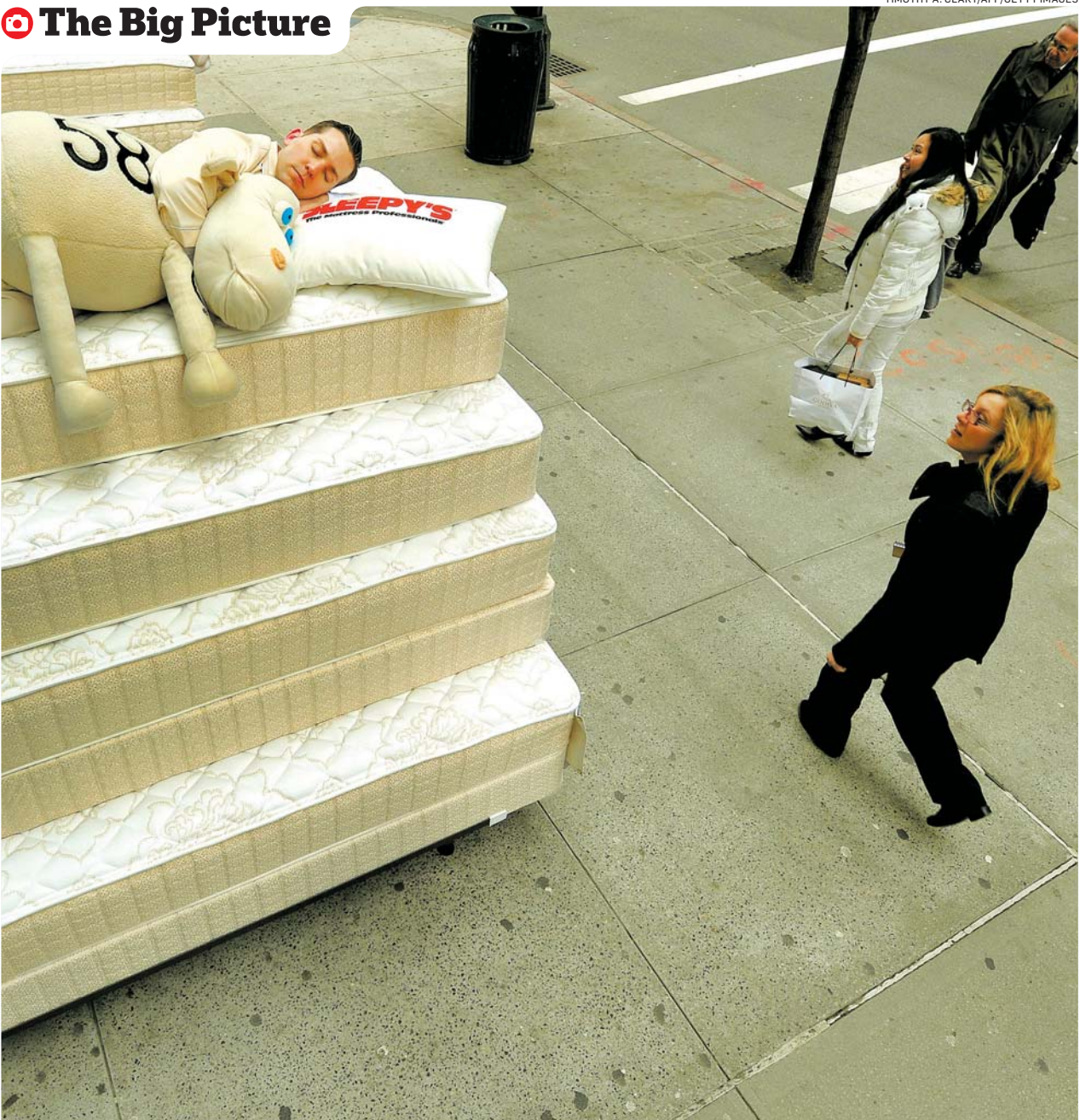
### Discovery Channel Mulls Shark Week Alternative

A dolphin weighing between 600 and 700 pounds jumped onto the deck of a boat, injuring a woman in South Florida. A charter boat captain called 911 Sunday after the dolphin jumped on the boat and landed on a passenger. The woman suffered a sprained ankle. The dolphin was safely returned to the water. (AP)

### So THAT's Why the Police Have Looked So Evil Lately

Full beards are still banned, but police in Durango, Colo., are now allowed to have goatees, though the department won't say why the change was made. Several officers have been sporting the look since the new policy took effect Dec. 17. Some law enforcement agencies bar officers from having either beards or goatees. (AP)

### The Big Picture



**A MODEL SNOOZES** (or pretends to) atop a pile of mattresses in New York City on Monday for a store promotion coinciding with the start of daylight saving time. (GETTY)



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## In Brief

## NEW YORK

**Bus Driver in Fatal Crash Has Criminal History**

Investigators looking into a Saturday's horrific casino bus crash that killed 15 people were examining surveillance video as they tried to retrace the actions of the driver, who once served time for manslaughter and grand larceny. The investigation continued to focus on Ophadell Williams, 40, whose story that his tour bus carrying 32 people was clipped by a tractor-trailer has been contradicted by passengers and witnesses who say they saw him driving erratically. (AP)

## CAPE CANAVERAL, FLA.

**Shuttle Worker Falls To Death at Launchpad**

A space shuttle worker fell to his death Monday at the launchpad, the first fatality there in decades, NASA officials said. Medics rushed to the pad but were unable to revive him. He was identified as James Vanover, an engineer for United Space Alliance, a NASA contractor. (AP)

**Correction**

A Washington Post graphic on Page 14 of Monday's Express misstated the amount of radiation detected Saturday at the Fukushima nuclear site. The radiation detected was 1.015 millisieverts per hour, not 1,015 millisieverts per hour.

# Petraeus: Troop Surge Worked

Afghan optimism comes with caveats but marks vital turn

**Washington**

Gen. David Petraeus, in his first appearance in Washington since taking over as the top war commander in Afghanistan, is laying out a mostly upbeat assessment of military progress that should allow the United States to begin withdrawing forces this summer, despite predictions that the wounded Taliban insurgency will mount an especially bloody fight this spring.

No one is calling it the Taliban's last stand, but U.S. officials say this is the year that the insurgency will be tamed on the battlefield and at the bargaining table.

Petraeus met privately with President Obama on Monday, the start of a full week of testimony and other events. The general's optimism comes with some significant caveats, but it still marks a significant turn from worries a year ago about the strength and durability of the Taliban-led insurgency as



U.S. Marine Sgt. Savanna E. Malendoski walks Sunday during a convoy patrol of Mine Resistant Ambush Protected Vehicles in Helmand Province, Afghanistan.

**Meanwhile ...**

Gen. David Petraeus will likely begin to sketch out how the gradual U.S. troop withdrawal can take place, with Afghan troops taking control in more stable locales as U.S. forces shift to still precarious regions. Petraeus is also expected to caution that the transition of control to Afghan security forces will be slow and difficult as the Kabul government struggles to find its footing. (AP)

**Not Worth Fighting**

Nearly two in three Americans say the war in Afghanistan is no longer worth fighting, the highest proportion opposed to the conflict in at least four years, according to a new Washington Post-ABC News poll. Almost a decade into the conflict, a political opposition is growing as President Obama decides how quickly to pull U.S. forces from the country beginning this summer.

(THE WASHINGTON POST)

the first of Obama's 30,000 additional troops worked to take and hold Taliban strongholds in southern Afghanistan.

"There is no question that the injection of 30,000 additional American troops has had an impact on the Taliban's ability to operate," said Karl F. Inderfurth, a former senior State Department diplomat for South Asia.

Members of Congress, meanwhile, will roll out a resolution calling for Obama to withdraw U.S. forces either in 30 days or no later than Dec. 31, 2011. (AP)



**'Tsunami Magnet':** Since the tidal gauge was installed in Crescent City's boat basin in 1934, the small port on California's rugged northern coast has been hit by 34 tsunamis. The latest on Friday took one life as waves ripped up docks, sinking 11 boats and damaging 47, and causing untold millions of dollars in damage. "Crescent City is what I call a tsunami magnet," said Lori Dengler, professor of geology at Humboldt State University. (AP)

## Spring Allergies?

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# Nation

## ERs for Elderly Gain Popularity

Specially designed areas to offer more comfort, less clamor

### Washington

Many hospitals run emergency rooms just for children. Now a few are opening ERs specially designed for seniors, without all the confusion and clamor, and with a little more comfort.

It's a fledgling trend, but expected to increase as the population rapidly grays. The question is whether they will truly improve care.

**17M**

The number of ER visits each year by seniors. One in five Americans will be 65 or older by 2030. (AP)

"Older people are not just wrinkly adults. They have totally different needs," says Dr. David John, who chairs the geriatric medicine division of the American College of Emergency Physicians.

Modern ERs are best equipped to handle crises such as gunshot wounds or car crashes, not the lengthy detective work it can take

to unravel the multiple ailments that older people tend to show up with, John says.

The idea behind senior ERs: Put older patients in an area that's a bit calmer for team-based care to not just treat the problem that brought them to the hospital, but to uncover underlying problems — from depression to dementia to a home full of tripping hazards that might bring them back.

There's no official count, but at least a dozen self-designated senior ERs have opened around the country since the first, in Silver Spring, Md., in 2008. (AP)

### Mud on the Move After Rain in Western Washington



**WORKERS CLEAR MUD AND DEBRIS** from a mudslide in Seattle's Magnolia neighborhood on Monday. Heavy rain last week and over the weekend saturated the ground and weakened steep slopes in Western Washington. Burlington Northern Santa Fe cleared Western Washington railroad tracks covered by 22 mudslides between Sunday afternoon and noon Monday.

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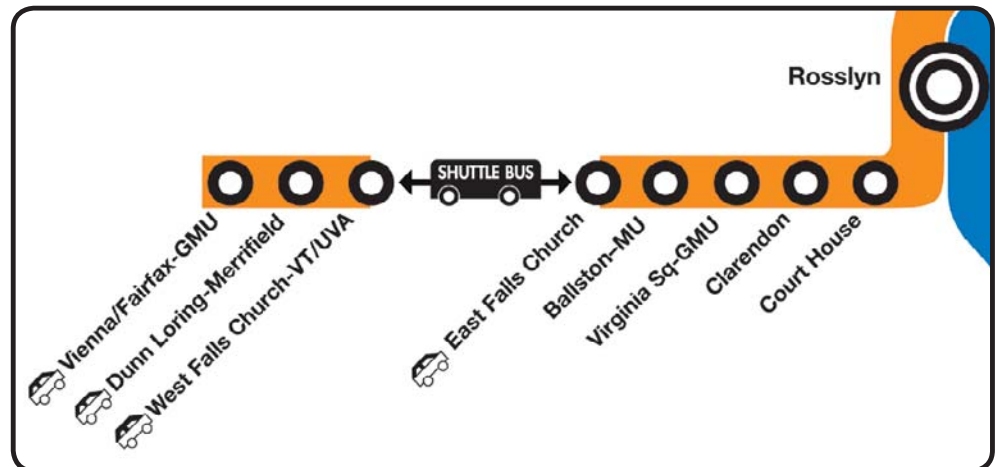
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# The Orange Line between West Falls Church-VT/UVA and East Falls Church stations will be closed the weekend of March 18-20.

- This section will close Friday at 10 p.m. and reopen Monday at 5 a.m.
- Free shuttle bus service will be provided between West Falls Church-VT/UVA and East Falls Church stations. The stations will remain open.
- If you take the shuttle bus, please add 30 minutes to your travel time.
- Consider parking at East Falls Church station and riding Metro from there. Parking is free on weekends.
- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project. For more information about this important work, please visit [MetroOpensDoors.com](http://MetroOpensDoors.com).



## Other work on the system that will require trains to share one track:

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- On the Orange/Blue Line between:  
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- On the Blue Line between:  
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## Nation

# Kaine Mulls Senate Run

DNC chairman tells class he's likely to seek Webb's Va. seat

**Richmond, Va.**

Democratic National Committee chairman Tim Kaine told a law school class he's likely to run for a Senate seat next year, a party spokesman said Monday.

DNC spokesman Brad Woodhouse made the announcement on Twitter in response to fragmented initial reports that blindsided Kaine and Democratic Party advisers.

Woodhouse tweeted that Kaine "did not tell law school class he was running, said likely."

But it's the most definitive statement yet from the former Virginia governor that he will try to grab retiring Sen. Jim Webb's seat for the Democrats in next year's elections.

Lending more credence to his classroom comments was a DNC statement saying that if Kaine runs, he would honor his DNC travel and fundraising commitments "at least through the end of the month."



WIN MCNAMEE/GETTY IMAGES

In his most definitive remarks yet, Tim Kaine said Monday he may run for the Senate.

### Word Spreads Quickly

Democratic National Committee chairman Tim Kaine was responding to a question Monday morning from a student in the class he teaches at the University of Richmond. Word spread quickly after a student phoned news-talk radio station WINA in Charlottesville. The station's report, pegged to a student identified only as Greg, raced across Facebook, Twitter and other social media. (AP)

Woodhouse's Twitter posting, around 1:30 p.m., was followed a few minutes later by a DNC statement playing down comments attributed to Kaine.

"Governor Kaine told his law school class today what is already

widely known, which is that he is increasingly likely to run," the statement said. Also, the statement said no final decision would be made or announced until Kaine consults once more with President Obama. (AP)

**\$63M** The cost per person to fly to and from the International Space Station on a Russian Soyuz spacecraft, NASA said Monday. The last contract charged \$56 million; officials say inflation is to blame for the new cost. (AP)

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In Brief

KABUL, AFGHANISTAN

Attack on Recruit Center Kills 35 in Afghanistan

A suicide bomber posing as an army volunteer blew himself up outside a military recruiting center in northern Afghanistan on Monday, killing at least 35 people and escalating the insurgent campaign to scare young Afghans away from military service. At least 42 people were wounded. (AP)

CAIRO

Yemen Deports 2 British, 2 American Journalists

Armed Yemeni security forces raided an apartment shared by journalists Monday and deported them because of their coverage of a growing uprising against President Ali Abdullah Saleh, one of the reporters said. The journalists, two Americans and two Britons, contribute to publications including the Wall Street Journal, Time Magazine, the Los Angeles Times and the Washington Post. (AP)

LAMPEDUSA, ITALY

Leader Urges Turning Away African Migrants

Marine Le Pen, the daughter of France's longtime far-right leader who now heads his National Front party, on Monday advocated turning migrants back to sea before they can reach European shores after she toured a center for illegal migrants on Italy's island of Lampedusa. About 8,700 North Africans have fled unrest there since January. (AP)

MOGADISHU, SOMALIA

61 Pirates Captured After Indian Sailors Shoot Ship

Five dozen pirates living on a hijacked ship serving as a roving pirate base jumped into the Arabian Sea on Monday after the Indian navy fired on the vessel in self-defense, the navy said Monday. The navy captured 61 pirates fleeing the battle. A pirate in Somalia threatened Indian sailors with retaliation for the arrests. (AP)

Rebels Hold Fast to Libyan Cities

Opposition, Gadhafi troops each claim control of key areas

Tobruk, Libya

Moammar Gadhafi's warplanes, artillery and mortar shells can control huge swaths of territory by day, including oil ports, rebel supply routes and even hostile towns. Rebels say anti-government forces can still return in darkness to take advantage of Gadhafi's own thin supply lines and overstretched ground troops.

The eastern port city of Brega has gone back and forth with the setting of the sun and is key to the battle for Libya's oil centers. The regime offensive appears to be hampered by a lack of manpower: They can drive out rebels with barrages, but not necessarily hold the territory.

Rebels, on the other hand, didn't dare come out in the open on Monday in Brega, taking cover instead in the industrial oil area where they believed Gadhafi forces wouldn't fire.



Libyan anti-government protesters pray Monday after a protest in Tobruk, Libya.

**"It is a war of annihilation. Mr. Gadhafi wants to stay in power even if he rules over graves."**

— ALI BOUHILFAYA, AN ENGINEER IN AJDABIYA, ON THE RENEWED BOMBINGS BY PRO-GADHAFI FORCES ON MONDAY EVENING IN LIBYA ALONG THE MEDITERRANEAN COAST.

Brega and the city of Ajdabiya about 35 miles away again came under government bombardment on Monday, freshly exposing their importance as key crossroads for

rebel supply lines, a main weakness in the Libyan region that contains most of its oil wealth. To get ammunition, reinforcements and arms to the front, they must

A Push for Action

France and Britain stepped up calls Monday for other world powers to isolate Libya's Moammar Gadhafi with a no-fly zone, amid diplomatic differences over how much backing to give Libyan rebels. The accelerated push came as U.S. Secretary of State Hillary Clinton and other top diplomats from the Group of Eight prominent world economies met in Paris for a previously planned foreign ministers meeting. (AP)

drive along open desert highways, exposed to airstrikes. Gadhafi warplanes struck at least three targets Monday morning in Ajdabiya, missing a weapons storage site but hitting rebel fighters at a checkpoint in an attempt to stop supplies, rebels said.

Oil installations — and the ports that allow Libyan crude exports — are just as key as supply lines.

Production has been cut drastically since fighting began and new questions arose Monday about whether the OPEC member was still exporting crude at all. (AP)

Military Enters Bahrain to Prevent Revolts

Saudi-led forces' clout spreads fear about potential Iran control

Manama, Bahrain

A Saudi-led military force crossed into Bahrain on Monday to prop up the monarchy against widening demonstrations that have sent waves of fear through Gulf states over the potential for enemy Iran to take new footholds there.

The Bahrain conflict is sectarian as much as pro-democracy, as the strategic Gulf island nation's majority Shiite Muslims see an opportunity to rid themselves of two centuries of rule by a Sunni monarchy. But Gulf Sunni leaders worry that might give Shiite Iran a stepping stone to its archrival Saudi Arabia, connected to Bahrain by a wide causeway.

Instead, the Saudis and the other members of the Gulf Cooperation Council sent forces the other way,



An anti-government protester prays Monday at Pearl Square in Bahrain.

deploying about 1,000 troops by land and air, and cementing the entire six-nation alliance to the fate of Bahrain's rulers, key U.S. allies.

The first cross-border offensive against one of the rebellions sweeping the Mideast was not greeted with celebrations. Shortly after word of the foreign military reinforcements began to spread, protesters blocked roads in Manama. Thousands of others swarmed into Pearl Square, the symbolic center of the monthlong revolt. (AP)



**Cuba Devalues Pesos:** Cuba's central bank is devaluing the country's two types of peso from \$1.08 to \$1, hoping the move will spur exports and local production as the government seeks to overhaul a moribund economy. It was the first time the government has revalued the currency in six years, when it increased the nominal value of its currency in relation to the dollar. Monday's shift puts the exchange rate back to where it was before. (AP)



## Local

# Reward in Store Slaying

Lululemon Athletica offers \$125K to help find worker's killer

Bethesda, Md.

An upscale athletic apparel chain is offering a \$125,000 reward for information that leads to an arrest in the slaying of one of its employees.

Jayna Murray, 30, was killed Friday night in an attack by two masked men inside the Lululemon Athletica store in Bethesda. She and a co-worker had closed the store for the night but went back after one of them forgot something.



Jordan Wier, left, and her mother, Ann Luskey, walk by a memorial at the store.

MATT MCCLAIN/TWP

Montgomery County police confirmed Monday that Murray was sexually assaulted before she was slain. Her co-worker was bound and sexually assaulted but survived. The attackers wore black clothing and gloves, and police say they also robbed the store.

"If you know Jayna, she's a fighter. She would not go down without fighting," her college roommate, Ivy Huang, said Sunday. "That was a woman who taught me not to be afraid of anything."

In addition to the reward from Lululemon Athletica, Federal Realty in Bethesda has offered a \$10,000 reward, along with a \$1,000 reward from Crime Solvers.

(AP/THE WASHINGTON POST)

washingtonpost.com



KATHERINE FREY/TWP

**AKIKO KEENE, CENTER**, who lives in Potomac, Md., and teaches a doll-making class in her basement, wasn't able to reach her brother in Sendai City, Japan, after the earthquake until Monday. For many Washingtonians with connections to Japan, the wait after the quake is agonizing. | **postlocal.com**

## Report Clears Ex-Mayor Fenty Of Wrongdoing

Washington

An outside investigator has concluded there was "no wrongdoing" by former mayor Adrian M. Fenty related to the issuance of parks and recreation contracts during his term.

The report, authorized by the D.C. Council and conducted by the law firm of Trout Cacheris, was released Monday after a yearlong investigation.

Last year, allegations that Fenty steered contracts to friends and fraternity brothers became a key issue in his unsuccessful bid for re-election. But the Trout report clears Fenty of doing anything illegal. (AP)

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### The Lotteries

Monday, March 14

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Evening Lucky Numbers (Sun.)..... 7-5-3  
Mid-day DC 4..... 7-0-8-5  
Evening DC 4 (Sun.)..... 7-7-6-9  
Mid-day D.C. Five..... 4-9-4-7-5  
Evening D.C. Five (Sun.)..... 0-3-5-4-2

#### Virginia

Mid-day Pick 3..... 1-3-2  
Evening Pick 3 (Sun.)..... 7-7-3  
Mid-day Pick 4..... 8-0-4-9  
Evening Pick 4 (Sun.)..... 0-3-4-5  
Mid-day Cash 5 (Sun.)..... 5-18-19-20-28  
Evening Cash 5 (Sun.)..... 10-13-15-26-342

All winning numbers are official only when validated at a claims location.

#### Maryland

Mid-day Pick 3..... 0-9-3  
Evening Pick 3 (Sun.)..... 4-9-9  
Mid-day Pick 4..... 6-5-6-6  
Evening Pick 4 (Sun.)..... 1-3-1-2  
Match 5 (Sun.)..... 1-2-7-9-19 (10)

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# Sour on New Seats

**Q** Did you see the New York Times article on Saturday about the cloth seats that the San Francisco BART trains use and what they've found on them? Absolutely repulsive. Why are we switching to cloth? Makes me think twice about sitting.

Thanks for pointing out this interesting story about transit seats and germs, and how they get together. This spring, Metro riders will get a chance to talk about the seats, floors and other design elements for the next generation of rail cars, the ones that eventually will replace the 1000 Series, the oldest in the fleet. Metro has been testing cloth seats on a few rail cars for about two years. I think the cloth has held up quite well. It's the test floors I wonder about.

**Q** What does "schedule adjustment" REALLY mean? It seems I've heard with increasing frequency in subway stations several times a week announcements along the lines of "we have been instructed by [central control] to hold at this location for several minutes for a schedule adjustment." "Schedule adjustment" in that context means that the trains have gotten too close together. The trains leave the ends of the lines pretty evenly spaced, but then they start to pick up lots of passengers on crowded platforms. The following train starts to catch up. The closer it gets, the less time it spends with its doors open at the platform, because the first train just left. So pretty soon, you've got one jammed train leading the pack.

**Q** What is going on with the Orange Line slowdowns? Between Ballston and East Falls Church, it's CRAWLING. And then again between West Falls Church and Dunn Loring eastbound. Twice now in the last week, this slowdown has caused me to miss my work shuttle. HELP!

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I don't see much happening in the near future to ease the congestion on the west side of the Orange Line. That's a real trouble spot. There are plenty of people on those western platforms. Trains get bunched up, as I said in the previous response, and then there's a big gap after that, so the platforms get really crowded again. Plus, there's the problem of crowding at the Rosslyn tunnel, where the Orange and Blue line trains converge.

## METRO PULSE

**What's the best thing that's happened to you on Metro today?**



"I bought a fare card from the sales center. Sometimes it's crowded, but today no one was there. It was a two-second wait."

**Tom Mabry**, DEANWOOD

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Disaster in Japan

Threat of Meltdown Deepens

Explosions at nuclear power plant add anxiety to Japan's ongoing crisis

Soma, Japan

A second hydrogen explosion in three days rocked a Japanese nuclear reactor Monday, and fuel rods were left dangerously exposed at another unit, as authorities worked to avert any catastrophic release of radiation in the tsunami zone.

The cascading troubles at the Fukushima Dai-ichi complex were set in motion when last Friday's quake and tsunami in Japan's northeast knocked out power, crippling the cooling systems needed to keep nuclear fuel from going into full meltdown even weeks after a reactor shuts down.

**"We can see the damage to our houses, but radiation? ... We have no idea what is happening."**

— KYOKO NAMBU, WHO SAID SHE IS "SO SCARED" AFTER HER HOMETOWN OF SOMA WAS RUINED BY THE DISASTERS.

International scientists said there are serious dangers but not at the level of the 1986 blast in Chernobyl. Japanese authorities were injecting seawater as a coolant of last resort, and advising nearby residents to stay inside to avoid contamination.

"It's like a horror movie," said 49-year-old Kyoko Nambu. "Our house is gone, and now they are

telling us to stay indoors."

The accidents so far — injuring 15 workers and military personnel and exposing up to 190 people to elevated radiation — have compounded the immense challenges faced by the Tokyo government as it struggles to help hundreds of thousands of people affected by twin disasters that flattened entire communities and may have left more than 10,000 dead.

Japanese authorities said there have been no large-scale radiation releases but have detected temporary elevations in levels and have evacuated 185,000 people from around affected reactors. Prevailing winds were pointing out to sea, and U.S. ships assisting tsunami recovery moved further way to avoid potential danger.

A top official said the fuel rods in all three of the operational reactors at the Fukushima Dai-ichi plant appeared to be melting.

A hydrogen explosion Monday at the plant's Unit 3 reactor injured seven workers and four members of the defense forces, and followed a similar one Saturday at Unit 1 that injured four workers, but officials were most worried about the precipitous drop in water levels at Unit 2.

The water levels were restored after exposing fuel rods in the reactor twice and were falling a third time, increasing the risk of a worst-case scenario involving a full meltdown with the uranium



Officials put on protective clothing to scan people for radiation at a Japanese emergency center.

Nuclear Freeze?

The twin disasters in Japan that have created the possibility of a nuclear meltdown have caused some countries to give pause to their own energy plans:



Switzerland ordered a freeze on new plants or replacements "until safety standards have been carefully reviewed and, if necessary, adapted," Energy Minister Doris Leuthard said. The decision put on hold the construction of nuclear power stations at three sites approved by Swiss regulatory authorities. Switzerland now has five nuclear power reactors that produce about 40 percent of the country's energy needs. It also has nuclear research reactors.



In Germany, the government said it is suspending for three months a decision to extend the life of its nuclear power plants. That also means that two older nuclear power plants will be taken off the grid shortly — at least for now — pending a full safety investigation, Chancellor Angela Merkel told reporters. A previous government decided to shut all 17 German nuclear plants, but Merkel's administration last year moved to extend their lives by an average of 12 years.



Opposition voices rose up in Turkey to renounce or scale back governments' nuclear expansion plans. And anti-nuclear groups staged rallies around France, the world's most nuclear-dependent country, as the government sought to reassure the public that the risks remain minimal. The governments of Russia, China, Poland and even earthquake-prone Chile say they are sticking to their plans to build more reactors.

442

The number of nuclear reactors in operation worldwide, with 65 new facilities under construction. Construction last year was started on 14 new reactors — in China, Russia, India, Japan and Brazil. In 2005, in comparison, ground was broken for only three reactors. (IAEA)

core eating through a reactor's steel-reinforced containment vessel and causing a wide release of dangerous radiation.

The blast at Unit 3 actually lessened pressure inside the troubled reactor, and officials said the all-important containment shell — thick concrete armor around the reactor — had not been damaged. In addition, officials said radiation levels remained within legal limits.

"We have no evidence of harmful radiation exposure," deputy Cabinet secretary Noriyuki Shikata told reporters. (AP)



# Disaster in Japan

## How to Donate

Seven charities through which you can donate money to Japan:

**The American Red Cross:** Cell phone users may donate \$10 per message by texting REDCROSS to 90999.

**AmeriCares:** Online donations are accepted on the AmeriCares website, [ameri-cares.org](http://ameri-cares.org).

**Convoy of Hope:** Accepting gifts online or by cell phone. Text TSU-NAMI to 50555 to donate to the faith-based group.

**Doctors Without Borders:** Online donations are encouraged at [Doctorswithoutborders.org](http://Doctorswithoutborders.org).

**Global Giving:** Text JAPAN to 50555 to donate \$10 toward emergency response.

**The International Medical Corps:** Text MED to 80888, or visit the Emergency Response Efforts fund online to donate.

**The Salvation Army:** Givers may donate online or text QUAKE to 80888 to give \$10 per message.

KYODO NEWS/AP



Left: Rescuers conduct a search operation amid smoldering debris in Kesennuma. Right: A resident wipes away tears as she finds no remains of her home in Soma, Japan.

WALLY SANTANA/AP

## Japan Overwhelmed by Quake's Death Toll

### Tagajo, Japan

There are just too many bodies. Hundreds of dead have washed ashore on Japan's devastated northeast coast since last week's earthquake and tsunami. Others were dug out of the debris Monday by firefighters using pickaxes and chain saws.

Funeral homes and crematoriums are overwhelmed, and officials have run out of body bags and coffins.

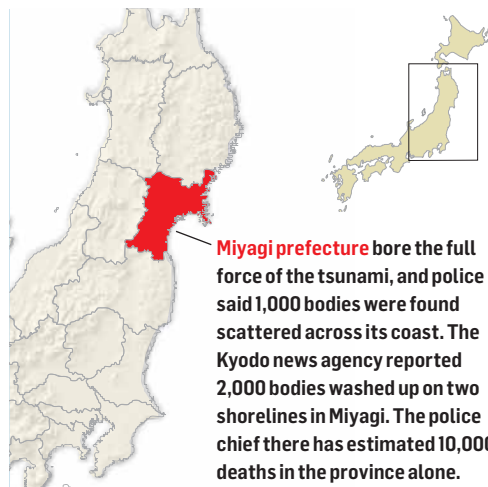
While the official death toll rose to nearly 1,900, the discovery of the washed-up bodies and other

reports of deaths suggest the true number is much higher.

Most Japanese opt to cremate their dead, and with so many bodies, the government on Monday waived a rule requiring permission first from local authorities before cremation or burial to speed up funerals, said Health Ministry official Yukio Okuda.

"This is an emergency measure," said Okuda. "We want to help quake-hit people as much as we can."

The town of Soma has only one crematorium that can handle 18 bodies a day, said an official, Kat-



suhiko Abe. "We are overwhelmed," he told The Associated Press.

Millions of people spent a fourth night with little food, water or heating in near-freezing temperatures as they dealt with the loss of homes and loved ones. Asia's richest country hasn't seen such hardship since World War II.

Though Japanese officials have refused to speculate on the death toll, Indonesian geologist Hery Harjono, who dealt with the 2004 Asian tsunami, said it would be "a miracle really if it turns out to be less than 10,000" dead. (AP)

### Stocks Plummet

The Japanese stock market fell 6.2 percent Monday as investors began to price the full scope of the damage. That came despite an announcement from the central bank on Monday that it will put a record \$183.8 billion into the economy to keep the country's financial system stable and its trading system functioning. It pumped 15 trillion yen in immediate liquidity into the financial system and said it would boost a program of purchasing assets to 40 trillion yen from 35 trillion.

6.2%

### Production Stalls

Toyota idled all its Japanese factories through Wednesday, halting production at 45 percent of the auto giant's global production. Nissan, Honda, Suzuki, Mazda and Mitsubishi all reported varying amounts of damage and temporary shutdowns at their Japanese plants. Japan's top corporations include major global brands that have moved production overseas, which will ease the blow from the disasters. (TWFP)





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# Breaking Down The Bracket

By now, you've had a chance to digest the NCAA Tournament bracket. Now comes hard the hard part: picking the winners. In an event known for its unpredictability, forecasting is tricky. Nevertheless, we take our best guess at some picks that may serve you well in your office pool. **MATT SWENSON (EXPRESS)**



## ONES TO WATCH

Picking all four top seeds is too boring — but you can't avoid them all in selecting a Final Four. Pittsburgh's history of NCAA letdowns makes the Panthers a risky pick, and the odds of a Duke repeat are slim. We say go Rock Chalk with Kansas — which has potentially surmountable obstacles in No. 4 seed Louisville and No. 3 seed Purdue in the Southwest — and overall No. 1 seed Ohio State, which lost only to Purdue and No. 4 seed Wisconsin this year.

## SOME LIKE IT HOT

There are two schools of thought about winning a league tournament: It means the team is peaking at the right time, or it has used up too much energy to make a deep march later in the month. Connecticut, which won five games in five days to claim the Big East title certainly hopes



the former holds true. And with **Kemba Walker**

there to hit clutch shots, the Huskies



— who won the Maui Invitational this season — are unlikely to be bounced early. Another team hitting its stride is No. 2 seed North Carolina, which took the regular-season ACC title from Duke and showed nice comeback ability in the league tournament before falling short in Sunday's final.



## SLEEPER AGENTS

It's almost cliché to call Xavier a sleeper, since it almost always exceeds expectations based on its seed. This year may be no different, as the No. 6-seed Musketeers stay in their home state (Ohio) for two games,



an edge that could be enough for star guard **Tu Holloway**, below, to



knock off Syracuse in a potential second-round game. Speaking of Xavier, its old coach, Sean Miller, has Arizona looking like

a solid bet in the West. The No. 5 seed, led by sophomore **Derrick Williams**, above, should dispose of Memphis and may be favored to knock off reeling Texas if the No. 4 seed slips by Oakland.



## Swengali

### Stop Crying Over Bubbles Bursting

**Were the Hokies hosed?** Was Colorado buffaloed? Should Harvard be seeing (crimson) red?

There's no question that the expanded field of 68 did nothing to quell the debate over the last teams selected for the NCAA Tournament.



By Matt Swenson

This year's most controversial choices are Virginia Commonwealth and the University of Alabama at Birmingham (that's UAB to you).

Jay Bilas, Dick Vitale and the rest of ESPN's experts spent significant amounts of hot air Sunday night decrying those two picks.

### Late Women's Bracket

The women's NCAA Tournament field was unveiled after Express' deadline Monday. Express will run the full bracket on Wednesday.

Virginia Tech was probably the biggest shocker to be left out. After beating Duke, the Hokies were a sure bet. Then they got creamed by Boston College on Senior Night and trumped by Clemson in the regular-season finale. In the ACC tournament, Tech got a fluke win over Florida State when a Seminoles buzzer-beater just missed the buzzer. Seth Greenberg's squad should blame only itself for being on the bubble to begin with.

Colorado had a stronger case to make — but again, is it worth getting in a tizzy that a blah Big 12 school got snubbed?

I do feel for Harvard, which shared the Ivy League crown and lost on a last-second shot to Princeton, which got a 13 seed. A one-point difference seems too small to leave the other out.

In the end, though, one fact still holds true: Winning more games will keep your bubble from bursting.



To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

## UPSET SPECIALS

If it's March Madness, some big-name teams are destined to fall hard. Georgetown was a No. 3 seed last year when it was shocked by Ohio. This year, the Hoyas were given a generous No. 6 seed by a tournament commit-



tee obviously sold on the return of **Chris Wright**, below. The point guard will be back — but how will he perform weeks after breaking his hand? It may not matter if it's VCU or USC that

Georgetown meets Friday if Wright is up to par. Also suffering a roster shake-up that could prove costly is No. 3 seed BYU, which will be without **Brandon Davies**, above, after he broke the school's moral code.





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# Sports

## Strasburg Continues to Progress

### The Nationals

Every weekday morning, Stephen Strasburg plays catch with Nationals head athletic trainer Lee Kuntz.

As the spring has moved along, Kuntz has moved back in increments of 15 feet when Strasburg's arm can handle it and when his rehab schedule calls for it. At this point, it is still an honest game of catch. At some point, it won't be.

"There will be a time when he's got a bag of balls and I just catch," Kuntz said.

Strasburg has thrown up 90 feet with Kuntz, his latest step in the recovery from Tommy John surgery. His arm still "feels really good," Strasburg said. He can see



MIKE EHLMANN/GETTY IMAGES

Stephen Strasburg watches a Nationals exhibition game from the dugout.

progress in new ways now, time and work having changed his perspective. At first, when we stretched it out a little bit, it looked far away," Strasburg said. "Now, it looks pretty normal.

"My arm strength is starting to slowly come back," he added.

(THE WASHINGTON POST)

## TV Lineup

**CAPITALS (7 P.M., CSN+)** The Caps begin a long road trip seeking their ninth-straight win when playing the Montreal Canadiens.

**WIZARDS (8 P.M., CSN)** The Wiz take on MVP candidate Derrick Rose and the Chicago Bulls.

**NCAA HOOPS (6:30 P.M., 9 P.M., TRUTV)** In the first round of the NCAA Tournament, UNC-Asheville plays Arkansas-Little Rock, and then Clemson takes on UAB.

**SOCCER (3:30 P.M., FSN)** Inter Milan takes on Bayern Munich in the Champions League.

**SOCCER (9:30 P.M., ESPN)** The MLS season kicks off with the Seattle Sounders hosting the Los Angeles Galaxy.

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## Sports

# Caps Find Ways to Win

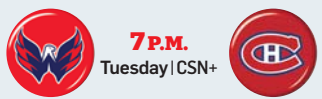
Washington shows adaptability in streak before long road trip

## The Capitals

After the 4-3 overtime win over the Chicago Blackhawks Sunday, it wasn't uncommon to hear Washington Capitals fans and analysts comment that the tilt between two Stanley Cup hopefuls had a "playoff atmosphere" and "playoff style."



Capitals fans cheer during Sunday's game, which had a playoff-style atmosphere.



With the Caps now on a season-high eight-game winning streak (a stark contrast to the eight-game losing streak suffered in December), and a six-game road trip starting Tuesday against Montreal, the Caps might be fine-tuning for the playoffs with just 12 games left in the regular season.

"Things tighten up this time of year," said center Boyd Gordon, who scored a shorthanded goal in Sunday's win. "The margin for error is pretty slim. It's good preparation for us, and we want to play that playoff-type hockey to get wins."

Since the Feb. 28 NHL trade deadline, the Capitals have shown a few different looks, but each with the same result: a win.

**"The playoffs are a different animal. This is still the regular season."**

— CAPS COACH BRUCE BOUDREAU, WHO IS TRYING TO STAY GROUNDED DESPITE TALK OF PLAYOFF-LIKE ATMOSPHERES IN RECENT GAMES.

Washington ground to victories over the Islanders and Blues, and trashed the Oilers. Of the past eight games, six have been one-goal decisions. At times, the Caps appear to be using the offensive flair they dominated with last season, and in other games clinging to slim leads with shutdown defense and trap tactics.

Now the Caps will take their playoff approach on the road, starting with the Canadiens, who have

a 7-3 record in their past 10 games and are riding the success of goaltender Carey Price.

Immediately after facing off with the Habs, the Caps take on the Western Conference's second-best team and likely Central Division champion, the Detroit Red Wings. Then it's the New Jersey Devils, who have resurrected their season behind coach Jacques Lemaire and are pushing for the eighth playoff spot in the East.

With the first three games of a six-game road trip coming against high-caliber opponents, center Brooks Laich said the Capitals are amid a dress rehearsal for the playoffs.

"The last 20 games are that way," he said. "Ever since we've made the trades at the deadline, it's been that way." REED S. ALBERS

## NBA Players 'Prepare for the Worst'

### Pro Basketball

The National Basketball Association's players union has a message for its members, and it has put it in writing: "Hope for the best. Prepare for the worst."

That's the motto on the front cover of the National Basketball Players Association's Lockout Handbook, which was distributed at team meetings between November and February, according to Dan Was-

serman, a union spokesman.

A copy of the 56-page handbook was obtained by Bloomberg News. The collective bargaining agreement between the union and league is set to expire on June 30, and this is the first time such a handbook was created to prepare NBA players for financial burdens that may arise from a work stoppage, Waserman said in an interview.

"There's no magic pill," Waserman said. (BLOOMBERG)

### Hearsay

**"I ... apologize because I'm going to have some sanctions. But the mission doesn't change."**

— OHIO STATE FOOTBALL COACH JIM TRESSEL, DURING HIS FIRST SPEAKING ENGAGEMENT SINCE BEING SUSPENDED AND FINED FOR VIOLATING NCAA RULES.

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### Class Review

Anyone can make exercise difficult. But Robert Sherman, the area group fitness manager for Equinox, has figured out how to make it easy. Or, well, easier. He's sharing his secrets through Thread, a class that could alter the way people view fitness. "If I don't have to work as hard, I want to come back to the gym and I want to do more," he says.

**What it is:** Inactivity has made our bodies stupid. So when it's finally time to get moving, we no longer know how to do it properly, which makes everything more exhausting. "You're challenged for the wrong reasons," Sherman says. For Thread, he's pieced together several series of exercises designed to correct common imbalances, activate forgotten muscles and promote body awareness. No one move seems particularly revolutionary, but together they have the power to make students noticeably stronger and more flexible in the course of just one hour.

**Moves:** One of Sherman's quickest tricks is for touching your toes. Try doing it normally. Then, stand with your heels on a bolster (or thick pillow) and your toes on the ground. Reach down again. Switch it up by putting your toes on the bolster and your heels on the ground. Reach down again. Finally, do it normally once more — you should be able to drop farther.

The payoff for doing an extended plank (with your arms a foot out in front of you rather than beneath you) and then holding pigeon pose (a yoga hip stretch) is even

# Work It Out NO PAIN YES GAIN

## The Plank Plan

**1** Start by performing oblique twists. Get on your back, bend your knees, and bring them over to one side of your body (without letting them separate or lifting your head). Repeat 10 times on each side.



**2** Move onto a hip rotation and lift. Lie on your side with your hips stacked, bend the bottom knee, and reach away with the extended leg. Then roll your thigh upward. Finally, lift up (using your glutes) and hold for three seconds. Repeat 10 times on each side.



**3** After you've activated your core and your rear end, you'll be able to hold plank more efficiently. "And now you're ready to start push-ups," Sherman says.



PHOTOS: LAWRENCE LUK

more unexpected: more shoulder mobility. Sherman explains that's because everything in the body is connected. "You'll never hear me say, 'isolation,'" he promises.

Almost nothing requires equipment, and Sherman's tried to keep the patterns simple enough that students can practice on their own at home.

**Workout:** Unlike most gym classes, Thread provides actual lessons, so you'd better be prepared to flex your mental muscle. A move might not be physically all that strenuous. But to lie on your side, reach one leg down, rotate it up and then lift to force your glutes into action requires extreme mindfulness. And if you try going through the motions without paying strict attention to what your body's doing and visualizing every step of the process, you'll be busted.

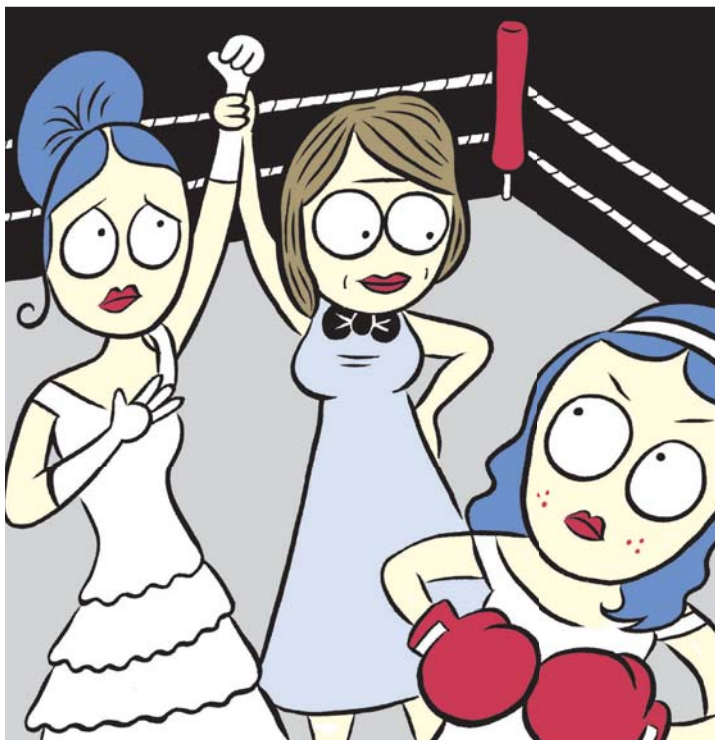
When muscles that aren't accustomed to having to work finally have a job to do, you could very well feel sore the next day. But don't expect to walk out of class drenched in sweat.

**Crowd:** Since these techniques can improve anyone's movement, regardless of fitness level, it's a diverse bunch. But the one defining feature is an acknowledgement of the fact that they have something to work on. Moti Galil, 63, says he's getting the hang of remembering to engage his core. "My hip bothers me when I climb stairs, but if I brace, I don't feel it," he says. For 28-year-old Christine Fabrizio, the weekly session is a chance to open up her tight shoulders and hips. "Every time I leave, I feel so much better," she says. VICKY HALLETT (EXPRESS)

• Equinox Bethesda (4905 Elm St., Bethesda; 301-652-1078; Equinox.com), Fri. at 6 a.m. and Wed. at 7:15 p.m.; Equinox Tysons (8065 Leesburg Pike, Vienna; Va.; 703-790-6193), Thu. at 9:30 a.m.



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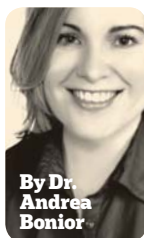


## The Colleague Conundrum

**Q** I feel fortunate to have a job in these turbulent times. But my teammates are some of the most narcissistic, disloyal people I have encountered. They bash our employer, denigrate our clients and constantly pat themselves on the back for their "brilliant" observations. I can't ignore it anymore, but I can't say anything to my manager, because he overreacts. **NEED ADVICE!**

You say your manager "overreacts." I'm not sure what that looks like — does it involve exploding Excel spreadsheets? — but you must decide whether it still might be better than nothing. And what about your manager's boss?

You can also try to break down the interactions individually: When your co-workers start behaving in ways you find toxic, gently but firmly announce that you don't think that discussion is productive. If it's you against a surly, disgruntled group, though — and it's not a matter of actionable offenses but just continued personality clashes — then, unfortunately, you're another member of the "I Work With Jerks" Club. And one of the only ways to revoke your membership is to switch jobs.



By Dr. Andrea Bonior

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

## Avoid the Wedding Wars

**Q** My mother is horribly critical of my sister. We're both getting married next year, and my mother is always on my sister's case about the choices she's making about her wedding and not as excited for her. I feel guilty about this, but I also think I've done everything I can. My mother's not always peachy to me, but it's clear she's much worse to my sister. Any way to broker peace? **DYSFUNCTIONAL FAM, DC**

What you're ideally after is a delicate balance: remaining empathetic to your sister's plight, but not taking so much responsibility that you stress yourself out.

I assume that you've tried to talk to your mother about it. But are there other family members who can help? If you can't manage to change your mother's behav-

ior, you can at least not be party to making it worse. Don't condone her treatment of your sister by staying in conversations in which she's belittling her, and try to stick up for your sis as much as you can. Finally, encourage — and help — your sister get some space, and try to nourish your private relationship with her.

## Event Horizon Lucky Day

You might want to stick to drinking water instead of beer Thursday if you're participating in Vida's free St. Patrick's Day Shamrock Search Run. From noon to 2 p.m., everyone's invited to race around D.C. to checkpoints, which will be handing out shamrocks. Get the full collection of clovers first — or second or third — and win a prize! Compete either solo or with a buddy. For more info or to register (by Wednesday at noon), contact [llona@vidafitness.com](mailto:llona@vidafitness.com).

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# Enter the No-Fry Zone

Healthy Bites Cafe offers whole grains and fresh fruit juices to Petworth patrons

Dining

The stretch of Georgia Avenue where Healthy Bites Cafe opened last month isn't exactly a nutritionist's dream destination. The carry-out across the street specializes in wings and boasts "large portions," while Popeyes hawks buckets of deep-fried chicken. By contrast, Healthy Bites has a sign out front advertising great grain salad and vegetarian lasagna.

"We wanted to come into the neighborhood and provide some better alternatives," says co-owner Bonnie Coberly. "We want people to see food can still taste good while being healthy."

For the last two years, Coberly's enterprise has been focused on providing home-delivered meals (customers can also pick them up at the new cafe or One World Fitness, at 1738 14th St. NW), but now she wants to bring her health-conscious cuisine to a wider audience. That starts with ingredient sourcing. All the meats she uses are free of antibiotics and hormones, and the eggs are organic. The fruit comes from Pennsylvania's Twin Spring Fruit Farm, and West Virginia's Spring Valley Farm provides the vegetables. In addition, Healthy Bites serves only brown rice and whole grains.



Healthy Bites Cafe has options to keep you fed all day, including scrambled eggs and spinach, left; and baked chicken wings, right.



PHOTOS BY NEVIN MARTELL



Cafe co-owner Beverly Coberly insists on using locally sourced produce.

The former health counselor started the business after watching her clients fail to implement her dietary recommendations. "They're smart people; they know what to buy at Whole Foods, and they know how to cook it," Coberly says. "But when you're working 40 to 80 hours a week, it's difficult to make the time to do that."

Coberly and her business partner, Karim Steward, were looking for a new kitchen when Coberly moved to Petworth in October. After finding a nearby space in December, they decided to open it up to the neighborhood. Currently, it's just set up for takeout, but Coberly hopes to add seating this summer.

Since the venture is a marked departure from Healthy Bites' original core business, Coberly set about developing new and expanded breakfast, lunch and dinner menus with her team of eight chefs.

A morning highlight is the green eggs and ham — a scramble of fresh spinach with local eggs — complemented by baked sweet potato home fries, ham and fruit (\$6.95). Juice bar options include freshly squeezed orange, apple and carrot (prices vary) juice. Coberly's

**"There aren't a lot of options for convenient, healthy food. We want to change that."**

— BONNIE COBERLY, HEALTHY BITES CAFE CO-OWNER

also experimenting with drinks that use the invigorating dandelion root, which she hopes will become an alternative morning pick-me-up for customers trying to ditch their coffee habits.

At lunchtime, the top seller is Marley's Jerk Wings, which are coated in Caribbean spices and then baked (\$10.95). The dish is served with carrot and celery sticks. "We wanted to provide healthier versions of foods that people were already buying around here," Coberly explains. "It's not that people want to eat poorly. It's that there aren't a lot of options for convenient, healthy food. We want to change that."

NEVIN MARTELL

● Healthy Bites Cafe, 5329 Georgia Ave. NW; 202-882-1969, [Healthbitesfood.com](http://Healthbitesfood.com)



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Not getting enough sleep could mean very bad news for your bottom line.

## NEUROSCIENCE

### Spend More Time in Bed, Or You'll Be in the Red

Does daylight saving time have you feeling groggy? Then keep your wallet tucked away. A study published in the Journal of Neuroscience found that subjects who were sleep-deprived and asked to make economic choices had increased brain activity in regions that assess positive outcomes and decreased activity in regions that assess negative outcomes. In other words, if you don't get enough shut-eye, avoid financial decisions. One terrible idea: late-night gambling.

## HEART DISEASE

### Shape of Things to Come

Apple-shaped folks — who carry weight around their midsections — have been told for years that they're at greater risk for heart attack and stroke. But new findings reported in the Lancet indicate that anyone who has excess fat has reason to be worried. In another twist, the researchers discovered that standard diagnostics, including body mass index (BMI) and waist circumference, aren't the most reliable indicators for heart disease risk. (Blood cholesterol and blood pressure are.)

## EPIDEMIOLOGY

### Must Be the Fish 'n' Chips

That royal wedding isn't the only good news for England. A study comparing the health of Americans and Brits has found that at all ages, Americans have higher rates of disease and signs of poor health than our neighbors across the pond. There's even a significant difference in children — American kids are more likely to be obese and asthmatic.



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1 BRs fr. \$775      2 BRs from \$870  
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Housing Choice Vouchers Welcome



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**1 BR \$749\* • 2 BR \$865\***

- Free app. fee, security deposit\* & rent
- W/W carpet • Modern kitchens/breakfast bar
- Gated community • Laundry facility in every bldg
- Great location minutes to 295, 395, 495

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Professionally Managed By CIH Properties, Inc.

- **ALL UTILITIES INCLUDED**
- Balconies with Spectacular Views
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- Walk to 4 Metro Stations
- \*Pet Friendly
- Nearby Shopping, Restaurants and Entertainment

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Section 8 ok. Call 202-549-0876

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- Easy access to 95 & 495
- Near Greenbelt Metro + UMD
- Ask about our Zero deposit program
- Swimming pool + playground

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**LiveatBarclaySquare.com**

Prices are subject to change.

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Large rooms/Walk-in closets

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Bladensburg

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**UP TO 1 MONTH FREE\*  
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- Spacious Floorplans • Minutes to Wash. DC, BW Pkwy/495, Shopping
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- Controlled Access • Washer/Dryer\*\*
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- Rents from \$871

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**1 BR from \$750  
2 BR from \$950**

- Renovated kitchens
- Controlled access entry
- Great location

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### 2 MONTHS FREE!

**\$99 App. Fee\***

**1 BR from \$1000s**

**2 BR from \$1200s**

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- **FREE Parking!**
- **FREE Utilities!**
- **FREE UMD Shuttle!**
- **Metrobus lines on-site!**
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- 3 BR w/ 1 1/2 Baths - \$1365.00
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- Spacious Floorplans
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- Sparkling pool
- Clubhouse/rec room
- Large laundry facilities

Limited time only

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**1 Bedroom from \$820  
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- Remodeled kitchen w/brkfst bar
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- Pets Welcome

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Forestville

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From \$679

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MD RENTALS

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- Furnished Apartments Available
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- Fios Cable Ready
- Cathedral Ceilings
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Apartment Homes


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AT GREENBELT STATION

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1, 2, & 3 BR Apts    Huge 2 BR Townhomes

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6400 Riverdale Road • Riverdale, MD 20737  
www.parkviewgardensapartments.com  
**GATED COMMUNITY**  
*Furnished Apartments\*\**

- Fitness Center on Property
- Beautiful Kitchens-Granite Countertops\*\*
- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

**\*\*Select Units**

**Call Now  
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FANTASTIC  
SPECIAL**

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- Cathedral ceiling

**\*select units**  
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HUGE 2 BR TOWNHOMES

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# Kings Square Apartments

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Just minutes from the New Wegmans

- FREE UTILITIES
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SPECIAL!**

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# Fleetwood Village Apts

**866-315-8849**  
721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

**\*select units**

**FREE MARCH RENT!  
(1-BR ONLY)**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
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MD RENTALS

MD RENTALS

**LANDOVER**  

# Maple Ridge

**888-583-3045**  
2252 Brightseat Road • Landover, MD 20785

- Right by the new Wegmans
- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

**Call Now for Our  
FANTASTIC  
SPECIALS!**

**OXON HILL**  

# Colonial Village

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- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

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FANTASTIC  
SPECIALS**

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# Calvert Hall Apartments

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- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Eat-In Kitchens & Large Closets

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SMART  
CHOICE!**

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(1-BRs Only)**

- FREE UTILITIES
- Spacious and modern apts
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- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

**Equal Housing Opportunity**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
\*On selected units only.**

MD RENTALS

MD RENTALS

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Residences of Suitland Parks Newly upgraded 1, 2 & 3 bedroom Apts. Offering fitness center, two pools. Playgrounds, upgraded appliances and near metro.  
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Call today 301-420-1117

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- Electronic entry building system
- Free business center
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- Walk to grocery stores
- Newly renovated laundry facilities
- Metro Accessible

**Credit & Criminal Screening Required.**  
**\*Income Qualifications**

# Occupants	Maximum Income
1	\$43,500
2	\$49,680
3	\$55,920
4	\$62,100

www.summerridgeapartments.net  
summerridgeleasing@comcast.net

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**Up to \$1000 Off  
The First Month  
NO APP FEE**  
**Studio from the \$1160's**

- All Utilities Included.
- Great location
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- Amazing closet space • Fireplaces\*\*
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**\*on select apts., \*\*in select apts.**  
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MD RENTALS

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**OPEN HOUSE MARCH 18**  
**CYPRESS CREEK  
APARTMENTS**  
**Up to 2 Months FREE**  
1 Bdrms. from the \$900s  
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- 5% Federal Govt & Student Discounts
- Washer/dryer in each apartment
- Minutes to Metro, Howard Univ and DC
- Fitness Center and Club House

**Call Today! 888-217-1901**  
5603 Cypress Creek Dr,  
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[CypressCreekApts.com](http://CypressCreekApts.com)

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**-MOVE IN SPECIAL-  
1st Month: Rent for \$499**

**GARFIELD COURT  
APARTMENTS**  
on residential street  
next to DeMatha High School  
off-street parking  
**1 and 2 BEDRM APTS. AVAIL.**  
*(tenant pays electric)*  
**CALL TODAY!**  
**301-779-1734**

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**UP TO 2 MONTHS FREE!**

**Summerlyn Place  
Apartments**  
1 Bedrooms    from the \$1000s

- Washers and Dryers
- Newly Renovated
- Great Location!

SummerlynPlaceApts.com  
14706 Normandy Ct.  
Laurel, Md. 20708  
**Call Today: 888.804.3324**

**Laurel's Most Convenient  
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From the \$1100s!**

- Side by side washer/dryer in every apt. home
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**(877) 271-5617**  
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**\$200 OFF**  
**First Month's Rent**  
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1 & 2 BR from \$849  
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1 BR \$849 2 BR \$1049  
Free prorate if Moved In By Feb. 28th  
**\$0 Deposit**  
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**Marlow Heights**  
 1, 2 BR  
**STARTING AT \$849**

**\$200 OFF**  
 1st Month's Rent

We work with bad credit

**FINESA** REAL ESTATE GROUP **301-899-2644**

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**East Pines Terrace**  
**RIVERDALE**  
**MOVE-IN SPECIAL**  
 ☆ Spacious 1 & 2 BRs  
 ☆ Walk-in Closet  
 ☆ Balconies  
 ☆ Laundry Room  
**OPEN SATURDAYS!!**  
**STARTING @ \$850 - Near Metro**  
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**1 & 2 BEDROOM GARDEN APTS**  
 Close to the Forest Glen Metro  
 Controlled Access  
 Ask About Our  
**Move In Special**  
**UTILITIES INCLUDED**  
**Forest Glen Apartments**  
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**Up to 1 Month Free!**  
**2 bedrooms from the \$1400s**  
**NO APP FEE!**  
**ALL UTILITIES INCLUDED**  
**WATERFORD TOWER**  
**APARTMENTS**  
 Stylish apartments in Silver Spring  
 Brand New Amenities  
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**starting at \$865**

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- Ask about our military discounts
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- Spacious floorplans

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**Apts. as LOW as \$907**  
**All Credit Considered**  
**Electric & Gas Included**

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 www.beaconmanagement.com

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**MOVE IN FOR \$499\***

**1 & 2 BRs from \$755**  
**SPECIAL LOW DEPOSIT!**  
**UTILITIES INCLUDED!**  
**Remodeled w/new Kitchens**  
 • Hardwood floors, Mini-blinds  
 • Laundry facilities on-site  
 • Free parking

**SILVER HILL APTS.**  
**301-423-3131**  
 \*plus deposit. Call for details

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**BEST KEPT SECRET**  
**IN PRINCE GEORGES COUNTY!**

**A GATED COMMUNITY**  
**1 BRs from \$899\***  
**2 BRs/2 bath from \$999\***

- Eat in kitchen
- Large walk-in closets
- Minutes to Metro

**Windham Creek**  
**301-861-0651**  
 \*limited time offer

## Takoma Pk/Silver Spring

**OPEN HOUSE**  
**MARCH 12, 10-4**  
**1 Bedroom Starting at \$875**  
**2 Bedrooms Starting at \$995**  
**3 Bedrooms Starting at \$1095**  
**\$99 Security Deposit\***  
**All Application Fees Are Being Waived during the Open House**  
**Belford Towers**  
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 belfordlease@beaconmanagement.com  
 www.beaconmanagement.com  
 \*WITH APPROVED CREDIT

**Open House Sat. March 19th**  
**Sat. 10 - 5pm Sun 12 - 4pm**  
 1, 2 and 3 Bdrms  
 Immediate Move-in  
 Call today for Specials. No Pets.  
 Income restrictions apply. EHO  
**301-899-8442**

**1, 2, 3 BEDROOMS STARTING AT \$650**

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**AT HARBOR POINTE**

**\$0**  
**SECURITY DEPOSIT**

**MAN GATED COMMUNITY UNDER NEW MANAGEMENT**

**WE WORK WITH BAD CREDIT ON OUR SECOND CHANCE PROGRAM.**

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 ■ POOL ■ LAUNDRY ROOMS  
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**Rosecroft Mews**  
**APARTMENTS**

**\$200 OFF**  
**Prorate**  
 Must move in by March 15th

**STOP. LOOK. LISTEN.**  
**COUPON BOOK UP TO \$1275 IN SAVINGS**

**GREAT FEATURES AVAILABLE**  
 ■ WASHER & DRYERS & DISHWASHERS IN APTS.  
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**FINESA** REAL ESTATE GROUP **866-652-4957**

## Silver Spring, MD

**ALL UTILITIES INCLUDED**



**Winexburg Manor**

Eff's from \$1,070 1 br's from \$1,196  
 2 br's from \$1,384

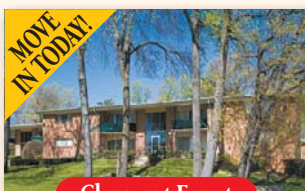
**One block to Metro • Washer and dryer included\***  
 Brand new fitness center • Garden & mid-rise apts.  
 Pool & 2 level sundeck • Cats welcome

2301 Glenallen Ave 888-439-4352 gradymgt.com

\*Select Apts. Call for details. GRADY MANAGEMENT, INC.

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**DRIVE LESS, ENJOY MORE**



**Glenmont Forest**

Eff's from \$939 1 br's from \$1,129  
 2 br's from \$1,274 3 br's from \$1,574

**2 blocks from Metro • Parkland setting**  
 Play & picnic areas • Floor to ceiling windows  
 Close to shopping • Community Swim Club

2386 Glenmont Cir 877-622-1916 gradymgt.com

GRADY MANAGEMENT, INC.

Silver Spring—\$1400, 2 br, 2 ba, Sir Thomas Way, Silver Spring, MD, 301-758-3217

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 Short Term Leases Available  
 Includes Water and Gas

*Enjoy our park setting, adjacent tennis courts and rec. center.*

- Designer kitchen & bath avail
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- Access controlled bldgs.
- Highspeed internet/tv avail
- Community swimming pool

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**(866) 531-0263**

## Silver Spring

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**FREE Weekend Getaway**  
**\$200 OFF 2 BR Apts.**

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Roomy Apartments walking distance to MetroBus, shopping and restaurants

**Stop in or call today for details**

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**Text WINDSOR to 29999 for more info**  
**888-255-6159**

## Silver Spring

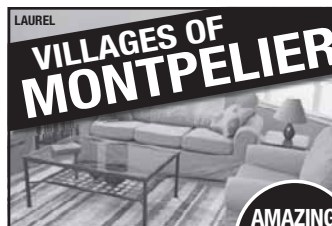
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**1 BRs from \$900**  
**UTILITIES INCLUDED**

Newly renovated mid-rise apts. CAC, disposals, assigned free parking. Walk to Metro!

**240-393-7386**

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 1-br apts. only Call for details

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**1BR and dens**  
 from \$905.00\*

**2BR and dens from \$1135.00\***

**3BR from \$1345.00\***

washer and dryers included in select units  
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Apply and get entered into a drawing to win \$100.00 VISA gift card

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**866-914-9712**

**\$0 Deposit**

**\$200 OFF at move-in**

**Shadyside Garden**

**2 BR Special \$999**

**Select 1 BRs \$799**

must move in by 3-15-11

**We're Waiting For You!!!!**

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**\$0 Security Deposit**

**UP TO \$1700**

**Free Rent** Move In By **3.31.11**

- W/D in Every Unit
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MD RENTALS

TAKOMA PARK—English basement apartment, W/D, private entrance & bath, appliances. No No Pets/Smoking. \$900/mo+elec. 301-755-6380

TAK PK—New Hamp. Ave.  
**A GREAT LOCATION!!**

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1 BEDRMS fr \$885  
2 BEDROOMS ALSO AVAILABLE

ALL UTILITIES INCLUDED  
LOVELY PARK-LIKE SETTING!  
OFF STREET PARKING  
HARDWOOD FLOORS

Housing Choice Vouchers Welcome

Hillcrest Heights, MD

OPEN HOUSE EVENT

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\$0 Application Fee During Open House.  
Call for more info 866.979.3938.

Temple Hills

OXON PARK  
APARTMENTS

301-894-3030



LARGE 2 BEDROOM  
SPECIAL \$880.00

ALL UTILITIES INCLUDED!

• Wall To Wall Carpeting  
• Three Blocks From Metro Station  
• Minutes From Shopping Center  
• On Site Emergency Maintenance

DON'T FORGET TO ASK ABOUT OUR OTHER 1 & 2 BEDROOM SPECIALS YES!! THERE'S MORE! HURRY!! LIMITED TIME

Temple Hills EHO

FREE UTILITIES

2 Bedrooms \$999\*

• 2 huge walk-in closets 2 BRs  
• Close to Metro & major highways  
• Laundry facilities in each building  
• Call for Details!

New Parkway  
(301) 423-7799  
\*limited time offer

MD RENTALS

SUITLAND

PARKWAY TERRACE

1 BRs fr \$810  
2 BRs fr \$890  
\$20 Application Fee

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• Keyed entry ways  
• Parklike setting w/picnic tables & grill

Maximum income limits apply  
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3415 Parkway Terr. Dr. Suitland, Md. 20748  
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# lookout



**Surprise Student**  
Tyra Banks has been enrolled at Harvard since last year **39**

## Sound Bets



## Radio Silence

**I bought Sirius Satellite Radio** soon after Howard Stern announced he was joining the then-fledgling service starting in January 2006. But due to some financial belt-tightening, I ditched the service recently.

While I miss Stern, I was even more surprised by how much I miss the music stations — not around the house, where I have a plethora of listening options, but in the car, where I'm often too lazy to hook up my MP3 player.

I'm lucky that I don't have any kind of commute and all my automobile time is spent on short jaunts, but if I had to suffer a daily car trek from Montgomery County to the District, there's no way I'd survive it listening to local radio. No offense to the D.C.-area airwaves, but you stink.

Sure, Sirius' music stations have some issues — particularly playlists on certain channels, which are as tired as their terrestrial-radio counterparts. But if you have a catholic ear (like me) and like to flip around from the indie rock of XMU to Liquid Metal to classic hip-hop on Backspin, there is always something worth listening to — a claim I cannot make after spending the past month with Washington radio.

@ Comments? Give Christopher your feedback: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

With the Oatmeal, Matthew Inman has created the ultimate morning time-waster

## Author Q & A

Matthew Inman is living the dream. At least the one he had when he was 6.

As the creator and overlord of the enormously popular, educational and wet-your-pants-funny site the Oatmeal (Theoatmeal.com), Inman entertains and educates fans with entries such as "10 Words You Need to Stop Misspelling" and "6 Reasons to Ride a Polar Bear." Inman now has a book out, "5 Very Good Reasons to Punch a Dolphin in the Mouth (And Other Useful Guides)" (\$15, Andrews McMeel Publishing). Express spoke to him shortly after the book's release.

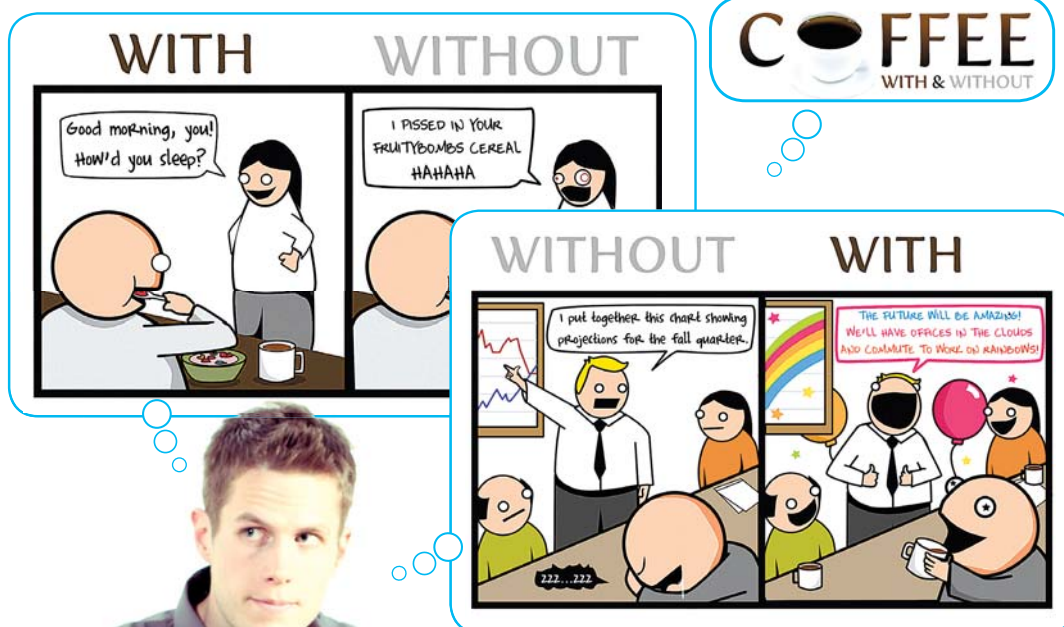
## Are you trying to destroy civilization by making people zone out at work?

My peak hours of traffic coincide with when people work — Monday mornings around 10 a.m. are peak traffic. I want to ask these people, "Shouldn't you be working on spreadsheets or something instead of screwing around on my website?"

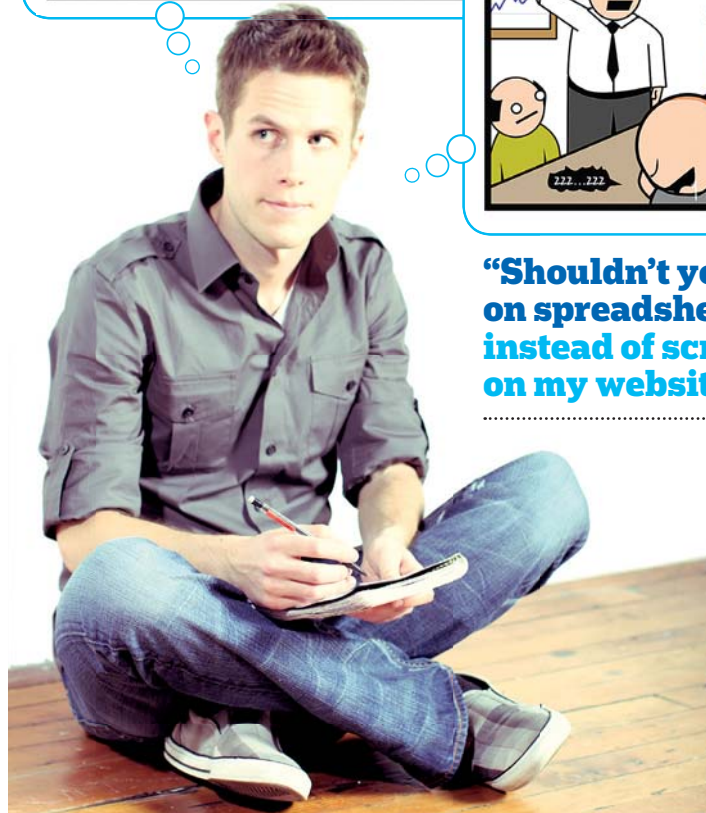
## Do you think the world would be a better place if everything were communicated through cartoons?

I think so. I mean, the way you can deliver a message through cartoon is very effective. I want to get into video. [When] I do some long-form blocks of text, people actually complain. With video or shorts, you can extend that apathy even further. My message can be broadcast directly into their eyeballs.

# Breakfast of Champions



**"Shouldn't you be working on spreadsheets or something instead of screwing around on my website?"** — MATTHEW INMAN OF THE OATMEAL



## Did you always want to be a famous Internet cartoonist?

When I was a kid, I remember telling my mom I wanted to be an artist who traveled around the world and sold his art. And when I was 13, I thought the coolest job ever would be to write code all day. And when I was 20, I realized that was a lame job. I'm much happier living the dream I had when I was 6.

KRISTEN PAGE-KIRBY (EXPRESS)

**Back in Action:** After nearly two years of delays due to Adam Yauch's battle with cancer, the Beastie Boys are finally set to release their first new album since 2007's all-instrumental "The Mix-Up" on May 3, Yauch announced on the group's website. "Hot Sauce Committee Part Two," pictured, was originally due out as "Hot Sauce Committee Part One" in July of 2009, but Yauch's cancer put the project — and the band — on indefinite hiatus. (EXPRESS)





top stops

**1 On the Shoulders of Giants**

Murs, who makes an impression with his imposing, blocky dreadlocks, is the underground Los Angeles king of rap. Murs is playful, poking fun at mainstream hip-hop cultures and its excesses of bling, violence and confidence while making it clear that in his heart he completely reveres it. The show is a joint production of the Rock and Roll Hotel and DC9. **DC9, 1940 9th St. NW; 8:30 p.m., \$16; 202-483-5000, Dcnine.com. (U St.-Cardozo)**

**2 Flash It**

DCist's Exposed photography show — which displays photos of Washington from its user-submitted Flickr pool — is now in its fifth year and opens this week through the end of the month. The two (count 'em — two) opening night parties fall on Tuesday and Wednesday nights, and free beer and wine will be flowing in exchange for your \$15 ticket (\$10 in advance). **Long View Gallery, 1234 9th St. NW; through March 27; 202-232-4788. (Shaw)**

**3 Scary Stuff**

Kevin Smith became famous by making at-times preachy, at-times hilarious films filled with fart jokes and dysfunctional relationships. His new movie, "Red State," is a low-budget horror film loosely based on the Westboro Baptist Church's hateful antics. You can check out a showing (and ask Smith questions) at a screening. **Warner Theatre, 513 13th St. NW; 7:30 p.m., \$55-\$65; 800-551-7328. (Metro Center)**



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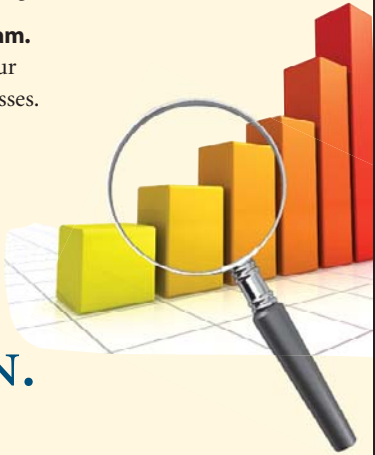
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entertainment **lookout**

# Not Kidding Around

Steve Martin's second record of banjo tunes is an impressive affair

**Album Review**

With his first bluegrass album, 2009's "The Crow: New Songs For The Five String Banjo," actor, writer and comedian Steve Martin proved he could write and play with a talent comparable to top-level acoustic musicians. Across 16 songs, most of them instrumentals, his banjo work measured up with his all-star supporting cast.

For "Rare Bird Alert," Martin records with the Steep Canyon Rangers, a bluegrass ensemble that backed him on tour. He limits guests this time but employs two marquee names: Paul McCartney on "Best Love," written by Martin for his wife; and the Dixie Chicks on the beautiful "You," a ballad about how a relationship's end can include fond memories, despite the outcome.

But the album's biggest difference comes from more vocals, allowing Martin to write lyrics that express



Steve Martin, above, enlists the help of Paul McCartney on his new bluegrass CD.

**Humor****Try This Track**

"Go Away, Stop, Turn Around, Come Back" relates, with hilarity, a man's confusion as he considers breaking up with his partner — until realizing their favorite show airs that night. (AP)



the mix of braininess and goofiness that has made him such a popular comedian. He includes a string-band cover of his 1978 novelty hit, "King Tut," and an original, "Atheists Don't Have No Songs," done gospel style, about how non-believers lack a catalog of good spirituals.

Still, the foundation of "Rare Bird Alert" is the tight musical interplay of an outstanding group of musicians — with Martin leading the way. MICHAEL MCCALL (AP)

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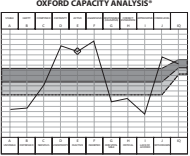
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# lookout entertainment

## Saucy Secrets, Royal Pains

A new book exposes British royalty's most scandalous stories

### Author Q&A

Once a handsome young man, British King Henry VIII was so corpulent in middle age during the early 1500s that his armor had to be cut to fit his enormous legs, and he had to be lifted onto his poor steed by several strong men.

Before she became queen in 1558, teenage Elizabeth Tudor was often woken by the lusty tickles of her stepfather, Thomas Seymour, Lord High Admiral of England.

These are just a few of the unsavory anecdotes former Washington Post reporter Michael Farquhar recounts in his new book, "Behind the Palace Doors" (\$15, Random House Trade Paperbacks), a rip-roaring account of some of the British royal family's most scandalous secrets.

And with "The King's Speech" renewing interest in the British royal family's past — and the impending nuptials of Prince William and Kate Middleton stoking curiosity in its future — the monarchy has never been more popular.

What makes the British royal family so interesting to you?

It's human nature, exaggerated.



Princess Diana and Prince Charles were married in 1981 but divorced in 1996.

Royalties tend to be associated with unlimited power, and when you take unlimited power and human nature and combine them, you've got these over-the-top stories. Who doesn't like stories about treachery and beheadings and love gone wrong?

### Which scandals surprised you?

I didn't realize the depths of Queen Victoria's adoration for Prince Albert. She lends her name to this era of sexual repression and rigidity, but in fact she was openly passionate.

### Why do you think America is so fascinated by the ruling family?

I'm not sure. It's a system we cast off more than 200 years ago, but there's something about the aura of royalty that still captures our imagination.

STEPHEN M. DEUSNER

● *Politics & Prose*, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919; [Politics-prose.com](http://Politics-prose.com) (Van Ness)



**Viral University:** YouTube is partnering with colleges to launch a new media program for aspiring digital filmmakers. The video-sharing website will launch the YouTube Creator Institute with the University of Southern California School of Cinematic Arts and Columbia College Chicago. It says the schools will

offer on-campus and online educational courses so users can "hone their digital media skills and accelerate their YouTube careers." (AP)



# TV tonight **lookout**

## Best Bets

ABC  
9:00



Everyone's after Lisa in the season finale, "Mother's Day." Anna wants her to breed with Tyler to ensure the evolution of the Visitors, while Erica (Elizabeth Mitchell, left) and Diana want her help overthrowing Anna.

FOX  
9:31

**Traffic Light** When Callie's car is stolen, Adam, who accidentally caused the theft to occur, wants to make it up to her by getting her a new car. Mike and Lisa get a visit from a young man Mike mentored as a kid.

FX  
10:00

**Lights Out** Dude, this is why you should have stayed retired. In this new episode, Lights suffers an injury that jeopardizes not only his comeback but also his health and even his wife's medical career.

ABC  
10:01

**Detroit 1-8-7** A young graffiti artist is murdered, and some doodles lead to a suspect. Longford begins filling out paperwork for his retirement. Fitch receives shocking news from his ex-wife. (TRIBUNE MEDIA)



COMEDY CENTRAL ROAST

## Insert Hair Joke Here

COMEDY CENTRAL  
10:30

In an age when celebrity trumps everything, Donald Trump gets his own "Comedy Central Roast." Host Seth MacFarlane is a rather perfect choice for the job, as his "Family Guy" series is not so much a comedy, but a frantic delivery system for an onslaught of disjointed popular-culture gags. Expect much the same tonight. Also worrisome, this roast has a PG rating. Time was, no comic worth his or her salty mouth would be associated with anything so mild. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## Gimmicks



## Going for Broke

The competition at regionals is tough this year on "Glee" (8 p.m., Fox), and so are the judges, so the members of New Directions, above, decide the best way to boost their chances of winning is to write their own songs. Kathy Griffin and Loretta Devine guest-star. (TM)



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lookout online

Poll Center

Today's Question

DO YOU THINK THE BENEFITS OF NUCLEAR POWER OUTWEIGH THE RISKS?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

DO YOU THINK MINN. REP. MICHELE BACHMANN WILL RUN FOR PRESIDENT IN 2012?



"When I see some of the candidates the GOP is parading out, it makes me very happy with the leadership that we have now."

COMMENTER DISHONEST ABE

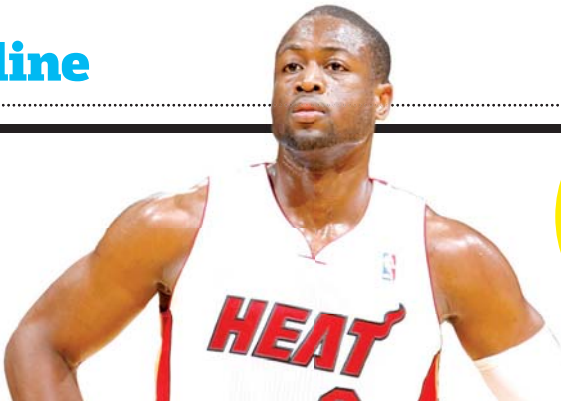
"I'd vote for her over that idiot we have now. She is far more intelligent than he is, and I'm pretty sure she was born in this country, too."

AN ANONYMOUS COMMENTER

"The more freaks, the better."

COMMENTER MORLEY

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"Not sure how you can win in a case like this, when both parents want their children in their lives. If one parent wins, then the children lose. I'm glad Dwayne Wade fought for custody of his children, but I'm sad that Siovaughn had to lose the battle, and I'm even more sad that they couldn't work it out."

— MRSGRAPEVINE.COM WAS DISAPPOINTED BY NEWS THAT THE MIAMI HEAT GUARD WON CUSTODY OF HIS TWO BOYS FROM HIS EX-WIFE AFTER A BITTER COURT BATTLE.

"In keeping with the 'Whole Foods ethos, are they going to be charging about 20 percent more to see the movies than if you were to see them elsewhere?"

— A COMMENTER AT BLOGS. ORLANDOSENTINEL.COM/ENTERTAINMENT\_MOVIES\_BLOG REACTS TO NEWS THAT THE UPSCALE SUPERMARKET CHAIN WILL BE SPONSORING A TRAVELING FILM FESTIVAL THAT FOCUSES ON ENVIRONMENTALLY THEMED MOVIES.



"It would be nearly impossible to describe the effect Bear had on music and culture, and I won't even begin to try. The world has lost a true sonic and psychedelic visionary."

— DOGONEBLOG.WORDPRESS.COM LOOKS BACK ON THE LIFE OF OWSLEY "BEAR" STANLEY, LEFT, THE LEGENDARY GRATEFUL DEAD SOUNDMAN WHO WAS ALSO KNOWN FOR HIS POTENT LSD CONCOCTIONS IN THE '60S. STANLEY DIED IN A CAR ACCIDENT IN AUSTRALIA MONDAY. HE WAS 76.

"The fabled white iPhone has been spotted only in the hands of selected individuals, but other than that, ordinary plebeians like you and I can only dream of a white iPhone dancing across the palm of our hands."

— UBERGIZMO.COM WAS HAPPY TO RECEIVE A TWEET DIRECTLY FROM APPLE'S SENIOR VP OF WORLDWIDE PRODUCT MARKETING CONFIRMING THAT A WHITE VERSION OF THE SMARTPHONE WILL BE COMING OUT SOON.

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# puzzles **lookout**

## Horoscope

**PISCES** (Feb. 19-March 20) You'll be in a position to do a good turn for someone you hardly know. The rewards that come your way will please you a great deal.

**ARIES** (March 21-April 19) Things may get off to a strange start, and yet you'll know what's going on every step of the way. Don't be taken aback.

**TAURUS** (April 20-May 20) The question isn't one of right or wrong, but it's far more complicated than that. You'll be exploring all shades of gray.

**GEMINI** (May 21-June 20) Things are likely to develop according to plan, even though someone may throw a wrench in the works before noon. Recovery will be quick.

**CANCER** (June 21-July 22) You may have to think things through more carefully than usual as you decide what to do first, second and third.

**LEO** (July 23-Aug. 22) Now is a good time to put aside petty differences and acknowledge what you have in common with someone who can be difficult and combative.

**VIRGO** (Aug. 23-Sept. 22) How you feel about yourself will be expressed through unintentional actions. Others are likely to react as expected for the most part.

**LIBRA** (Sept. 23-Oct. 22) You're going to have to alter your image somewhat in order to win the reactions from others that you are really after.

**SCORPIO** (Oct. 23-Nov. 21) There's no end to the learning, and you can learn a great deal about a situation that is perhaps too complex for most others.

**SAGITTARIUS** (Nov. 22-Dec. 21) You're likely to find funny the very things that others are taking very seriously at this time — you need to change your attitude.

**CAPRICORN** (Dec. 22-Jan. 19) You'll have the chance to help someone in need, but you mustn't do anything that attracts attention to you in a personal way.

**AQUARIUS** (Jan. 20-Feb. 18) You may be surprised to learn just how much the competition will do to keep you from advancing, but you have an ace up your sleeve.

## Scrabble Grams

PAR SCORE 140-150, BEST SCORE 224

I <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	M <sub>3</sub>	L <sub>1</sub>	T <sub>1</sub>	S <sub>1</sub>

2nd Letter Double

--

RACK 1

E <sub>1</sub>	U <sub>1</sub>	U <sub>1</sub>	L <sub>1</sub>	S <sub>1</sub>	D <sub>2</sub>	B <sub>3</sub>

--

RACK 2

E <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	W <sub>4</sub>	R <sub>1</sub>

--

RACK 3

O <sub>1</sub>	Y <sub>4</sub>	Y <sub>4</sub>	M <sub>3</sub>	N <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>

Triple Word Score

--

RACK 4

### Yesterday's Solution

T <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	U <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	RACK 1 =	57
B <sub>3</sub>	O <sub>1</sub>	G <sub>2</sub>	G <sub>2</sub>	L <sub>1</sub>	E <sub>1</sub>		RACK 2 =	10
U <sub>1</sub>	N <sub>1</sub>	F <sub>4</sub>	U <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>	Y <sub>4</sub>	RACK 3 =	71
W <sub>4</sub>	E <sub>1</sub>	T <sub>1</sub>	S <sub>1</sub>	U <sub>1</sub>	I <sub>1</sub>	T <sub>1</sub>	RACK 4 =	70
PAR SCORE 150-160								TOTAL
								208

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

		9		2				7
	2						5	8
			5		1			
	4	5	7					3
			1		3			
8					9	7	6	
			8		5			
5	8	7						3
6				3		9		

### Yesterday's Solution

1	2	9	8	3	5	4	7	6
7	6	8	4	1	2	9	5	3
3	5	4	6	7	9	1	8	2
2	3	5	7	4	8	6	1	9
9	7	1	2	5	6	8	3	4
4	8	6	3	9	1	5	2	7
8	4	3	5	6	7	2	9	1
6	1	2	9	8	3	7	4	5
5	9	7	1	2	4	3	6	8

**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

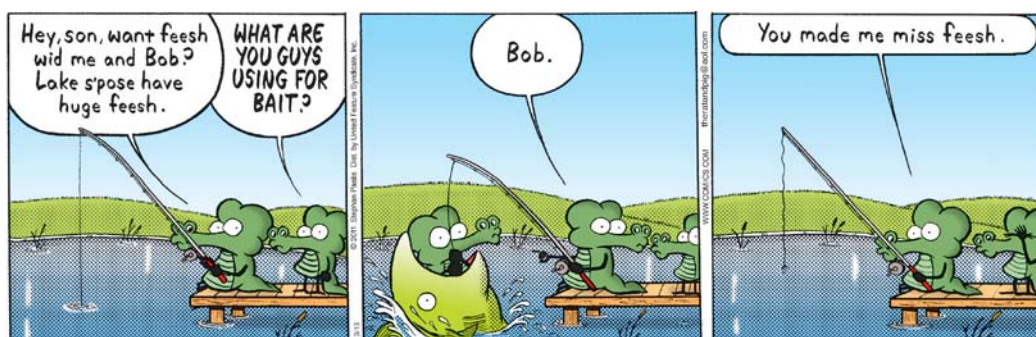
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

52 | 43

**Today:** Mostly cloudy today. Cloudy tonight with rain developing.

62 | 44

**Tomorrow:** Warmer tomorrow with a few showers. Partly cloudy tomorrow night.

### Looking Ahead



THU 66 | 47 FRI 73 | 50 SAT 68 | 43

### Sun and Moon

Sunrise today: 7:20 a.m.  
Sunset today: 7:15 p.m.  
Moonrise today: 2:42 p.m.  
Moonset today: 4:23 a.m.

### Almanac

Normal high: 55  
Record high: 86  
Normal low: 37  
Record low: 13

FORECAST BY ACCUWEATHER.COM ©2009

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# lookout puzzles

## Crossword

DO THE LIMBO!

### ACROSS

- 1 Decorative pitcher
- 5 Breathe with difficulty
- 9 Bacteria in undercooked meat
- 14 Feast
- 15 Upon the Mediterranean
- 16 Painter of haystacks
- 17 Covertly
- 20 Washington's Grand \_\_\_\_ Dam
- 21 Confident crossword solver's tool
- 22 Teapot covering (var.)
- 23 1/6 fl. oz.
- 24 Quick-witted
- 26 Hick
- 28 Churn
- 30 Morally reprehensible
- 34 Snowcapped peak
- 37 "Don't delete this"
- 39 Make restitution
- 40 Where the sun sets
- 44 Watchmaker's magnifier
- 45 Neutral shade
- 46 "Lord of the Rings" tree creature
- 47 Make certain
- 49 Red \_\_\_\_ (cinnamon candies)
- 51 Poland's Walesa
- 53 Short relative?
- 54 Catchall abbr.
- 57 "Deal me in" indicator
- 60 Rack type
- 62 Em, e.g.
- 64 Where to drop, during a fire
- 67 Cain's firstborn
- 68 Parrot's beak part
- 69 "The very \_\_\_\_!" ("What nerver!")
- 70 \_\_\_\_ Parker (busybody)
- 71 Towel term
- 72 Back of the pack

### DOWN

- 1 Something drawn out
- 2 Brown baggers?
- 3 "This \_\_\_\_" (packing label)
- 4 Rod's fishing partner
- 5 Garden entrance component, perhaps

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17					18					19					
20							21				22				
23					24		25		26		27				
					28			29		30			31	32	33
34	35	36				37			38		39				
40				41	42					43					
44							45						46		
47						48		49			50				
				51			52		53				54	55	56
57	58	59				60		61		62		63			
64					65				66						
67							68					69			
70							71					72			

EDITED BY TIMOTHY E. PARKER

- 6 A drop-off among smokers?
- 7 Barely pass (through)
- 8 Indiana basketball player
- 9 Aussie coin critter
- 10 Some Vivaldi compositions
- 11 "I'm \_\_\_\_ you!" ("You don't fool me!")
- 12 Cask sediment
- 13 Macy Gray hit
- 18 About 500 sheets of paper
- 19 Heavy burden
- 25 Portion placed on a plate in a pew
- 27 Wilbur or Babe, in adulthood
- 29 Little bloodsucker
- 31 Nap (with "off")

- 32 Get \_\_\_\_ the ground floor
- 33 Minor job for a body shop
- 34 Ready, willing and \_\_\_\_
- 35 Bolshevik Trotsky
- 36 Adder's word
- 38 Pulsate
- 41 Luxurious living
- 42 "The stockings \_\_\_\_ hung ..."
- 43 Makes furious
- 48 Twice-heard sound
- 50 Go bad, as milk
- 52 Opening in the Navy?
- 54 Practice piece of music
- 55 Athlete's foot, e.g.
- 56 Aromatic wood
- 57 Arabian Peninsula port
- 58 It's prohibited

- 59 Ark groupings
- 61 "Of \_\_\_\_ I Sing"
- 63 Gritty film genre
- 65 "O death, where is \_\_\_\_ sting?"
- 66 "To \_\_\_\_ is human"

### Yesterday's Solution

2	P	O	P	4	B	R	A	G	7	R	I	P	11	U	P		
1	A	N	A	5	E	U	L	E	8	U	L	T	R	A			
3	T	H	R	6	E	M	I	L	9	E	I	S	L	A			
22	O	R	S						21	S	E	C	T				
13	E	L	O	P	14	E	R	S	15	D	E	L	E	T	E	S	
16	D	I	T	17	M	A	I	D	18	D	E	E	M	O	T	E	
				26	S	I	N	G	E	S	27	C	O	A	X		
35	F	O	U	R	I	N	G	H	40	E	E	L	S				
42	F	I	L	M					39	S	A	R	A	P	E		
45	U	N	L	A	46	S	H		47	Y	E	T	I	48	R	C	A
51	R	E	A	C	T	E	D	52	D	E	C	R	I	E	R		
				63	A	R	I	64	Y	A	N	G					
55	F	I	V	E	56	Y	A	R	D	P	E	N	A	L	T	E	
60	A	L	A	M	O	61	G	A	62	U	G	E	63	T	E	L	
65	B	O	S	66	U	N	67	E	R	68	G	O	T	69	O	R	E

## Today in History

- 1820** Maine becomes the 23rd state.
- 1913** President Woodrow Wilson meets with reporters for what's been described as the first presidential press conference.
- 2001** Authorities confirm that remains found on a Texas ranch are those of missing atheist leader Madalyn Murray O'Hair and two of her relatives.

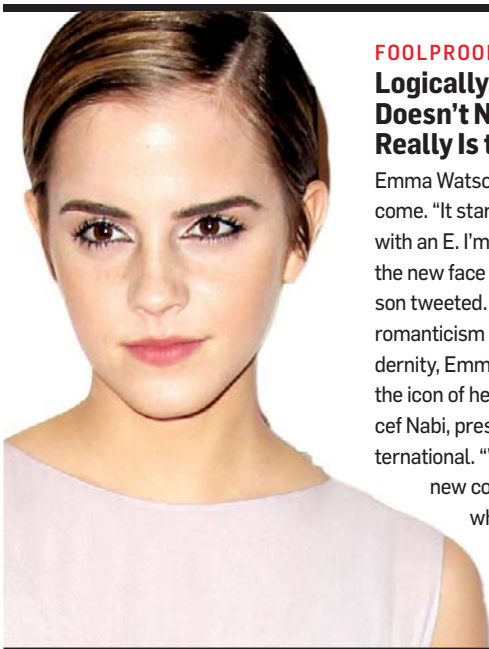
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people **lookout****FOOLPROOF****Logically, a Woman Who Doesn't Need Any Makeup Really Is the Perfect Model**

Emma Watson is the new face of Lancôme. "It starts with an L and ends with an E. I'm sure you have guessed the new face of Lancôme is me!" Watson tweeted. "Thanks to her charm, romanticism and her incredible modernity, Emma Watson has become the icon of her generation," said Youcef Nabi, president of Lancôme International. "We are delighted by this new collaboration with Emma, who brings a fresh spirit to Lancôme." (EXPRESS)

**CAREERS****Tyra Traded Up From Talk Show**

Tyra Banks is attending Harvard Business School — and has been since this past year. Banks is enrolled in the Harvard Owner/President Management Program, she told CBS News. "It's pretty exclusive," she noted.

She pays \$31,000 per year — and each year is just three weeks. "I feel like it is so, so worth it," she said. "In order for my company to grow and be the best, and to reach these women, and to serve them, I needed the best. So I went to the best." (EXPRESS)

**YOU'VE GOT MEL!****Mel Allowed Out of the Yellow Box (See Right) For Special Occasion**

Mel Gibson's daughter Hannah gave birth to a boy Saturday, People.com reported. She is the oldest of Gibson's eight kids, and this is her third child and Gibson's third grandchild. "He was overwhelmed with emotion," a source said of Gibson's visit with the new family member. "He gets that way around babies." (EXPRESS)



FREDERICK M. BROWN/GETTY IMAGES

You don't recognize him because his head is not coming out of a mailbox.

**Victims****CAA Leaves LiLo In a Basket on ICM's Doorstep**

Lindsay Lohan departed Los Angeles for New York City Sunday and switched agencies before she left, a source told Radaronline.com. "She was really ready for a change and decided to leave Creative Artist Agency and join International Creative Management. ... She cleaned house." (EXPRESS)

**"It's like the one time on Earth I'm like, 'Thank God Charlie Sheen exists!'"**

— PETE WENTZ TOLD RYAN SEACREST MONDAY THAT'S HE'S GLAD SHEEN IS DRAWING THE MEDIA'S ATTENTION AWAY FROM WENTZ AND ASHLEE SIMPSON'S PENDING DIVORCE.



FRAZER HARRISON/GETTY IMAGES

Posh's baby bump also has a Facebook page, a Ping account and a Skype ID.

**PREGNANCY****Baby Bump to Launch Twitter Feed, WombCam**

Team Beckham is adding a girl to its roster. David Beckham and wife, Victoria, are expecting their fourth child, and a spokesman said Sunday that the couple has learned that it will be a girl. In January, the former England captain announced via Facebook that his wife was due this summer. The pair, who married in 1999, already have three boys: 11-year-old Brooklyn, 8-year-old Romeo, and 5-year-old Cruz. (AP)

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